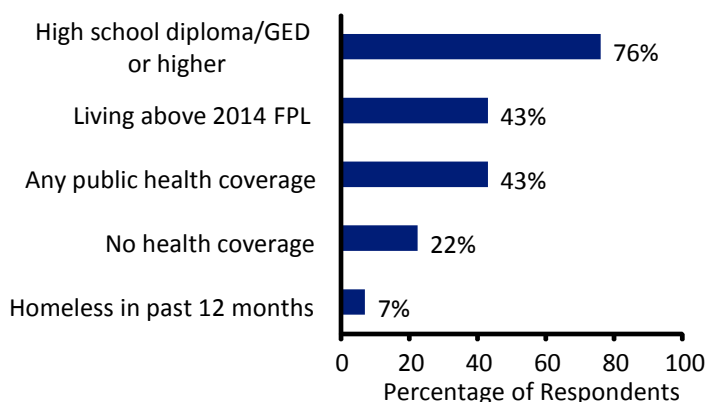


The **Virginia Medical Monitoring Project (MMP)** is an ongoing, supplemental surveillance system that assesses clinical and behavioral characteristics of HIV-infected adults receiving care in the United States. Each year, in collaboration with CDC, a randomized sample of 400 patients are selected from HIV care providers throughout Virginia to participate in the project. Structured interviews and medical record abstractions are conducted for each respondent. This fact sheet presents interview and medical record data from 2014.

DEMOGRAPHICS

Data for two hundred twenty-four respondents were included in analyses for the 2014 data collection cycle; and of these respondents, approximately 67% were male and 31% female. Five respondents (2%) self-identified as transgender. Most respondents were Black (56%), with smaller percentages for Whites (27%), Hispanics (12%) and respondents of another race/multi-racial (5%). Respondents' ages ranged from 19 to 74, with a mean of 47 years of age. Most respondents self-identified as heterosexual (61%), with 31% reporting sexual orientation as homosexual/gay/lesbian, and 8% bisexual. Respondents were likely to have completed high school or beyond (76%); and approximately 43% reported annual income that was above the 2014 federal poverty level (FPL).

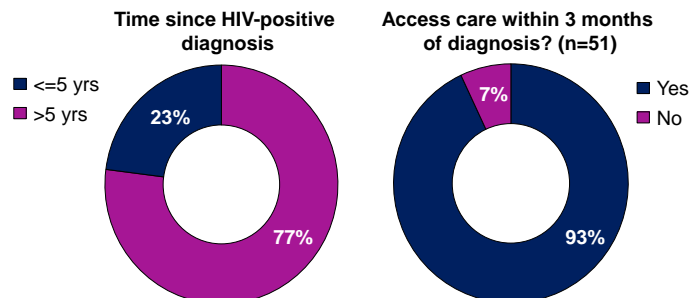
Figure 1. Selected Sociodemographic Indicators



TIME SINCE HIV DIAGNOSIS AND LINKAGE TO CARE

Of the 224 respondents, 51 (23%) reported being diagnosed HIV-positive within 5 years of their MMP interview date. The majority, 173 respondents (77%), reported being diagnosed HIV-positive five or more years before the MMP interview date. Of the 51 respondents diagnosed within the past five years, 93% reported accessing HIV medical care within 3 months of diagnosis.

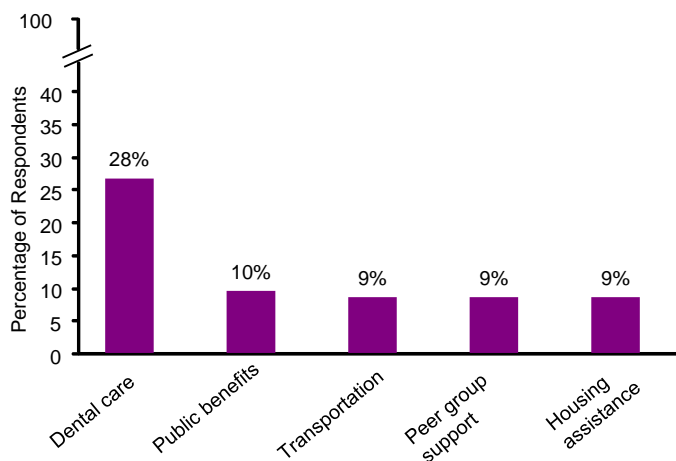
Figure 2. Linkage to Care



MET AND UNMET NEED

Respondents reported receiving a range of ancillary services during the 12 months prior to the interview. Services used most frequently included HIV case management (70%), the AIDS Drug Assistance Program (ADAP, 61%), HIV/STD prevention counseling (59%), dental care (55%), and public benefits (46%; e.g., Supplemental Security Income, Social Security Disability Insurance). Dental care services was the greatest unmet need reported by respondents. The most frequently cited barrier for dental care was service cost/lack of insurance (49%).

Figure 3. Top Five Unmet Services Needs



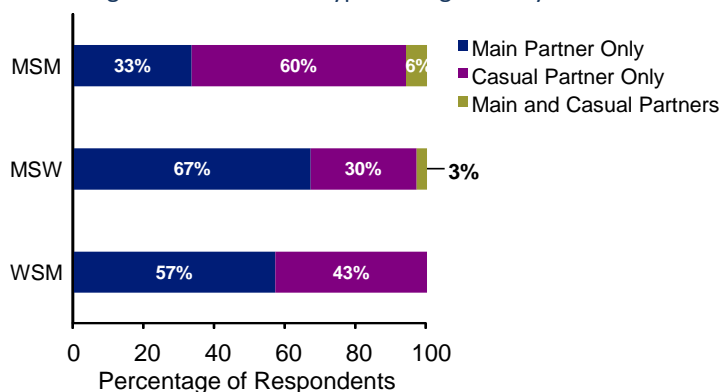
ANTIRETROVIRAL TREATMENT AND ADHERENCE

Most respondents (97%) reported currently taking antiretroviral therapy (ART) medications. Ninety percent of those on ART said that they adhered to their dosing schedule 100% of the time in the past three days. However, only 42% said they never skipped taking their medications, and 39% said they missed taking their medications within the past three months. The most commonly-cited reason for the last missed dose was forgetting to take medication (41%), followed by having an issue with the prescription or refill (22%). Of those who had taken ART in the past 12 months, 53% said ADAP had paid for those medications. Private insurance was the second most common payment source (30%).

SEXUAL BEHAVIORS

Fifty-seven percent of all respondents reported having sex in the last 12 months (57% of males and 54% of females). Among male respondents, 33% reported having sex with other men (MSM), and 21% reported having sex with women only (MSW). Among female respondents, 54% reported having sex with men (WSM). Median number of partners reported by MSM was greater than what was found with MSW and WSM; and the range in the number of partners was different between MSM and MSW/WSM (MSM = 1-50, median = 2; MSW = 1-3, median = 1; WSM = 1-3, median = 1). Fifty-four percent of MSM reported engaging in unprotected sex in the past 12 months, compared to 27% of WSM and 10% of MSW.

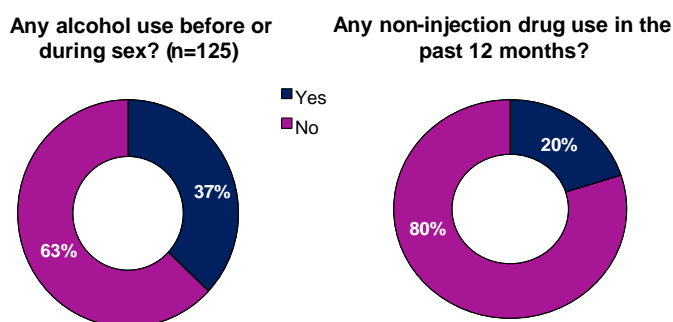
Figure 4. Sex Partner Type among Sexually Active



SUBSTANCE USE

The percentage of current daily smokers for MMP participants was above the state average for all smokers in Virginia (36% vs. 19%)[§]. Forty-nine percent of MMP respondents reported alcohol use in the past 30 days. In addition, 16% of MMP respondents reported binge level drinking on days that they drink (17% of males and 12% of females), as compared to 17% of all adult Virginians[§]. Interestingly, of the 135 respondents who reported drinking alcohol in the past 12 months, thirty-seven percent reported drinking alcohol before or during sexual behaviors. Twenty percent of MMP respondents reported using non-injection drug use during the past year. For those reporting non-injection drug use, marijuana was the most frequently reported drug used (93%). Less than 0.5% of respondents reported injection drug use (IDU).

Figure 5. Substance use among MMP participants



PREVENTION ACTIVITIES IN PAST 12 MONTHS

Fifty-six percent (n= 123) of respondents reported receiving free condoms from someone other than a partner, friend or family member in the past 12 months. Of the 123 respondents, the most frequently reported locations where free condoms were received included special events (94%), social venue (94%), community-based organizations (89%), family planning clinics (85%), a doctor's office or other health clinic (76%), and from STD clinics (28%). Sixty-eight percent of respondents reported having an HIV or STD prevention conversation with a medical provider, prevention program worker, or within a structured group setting.

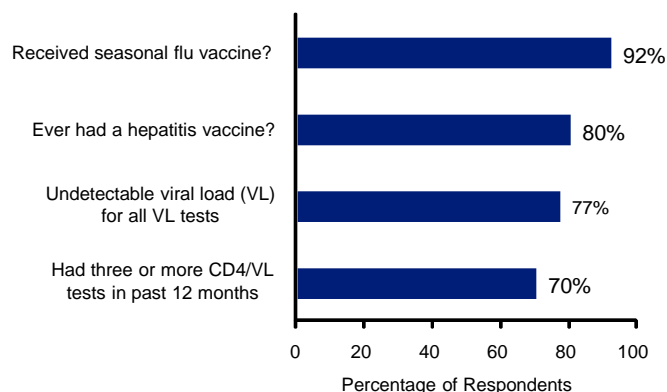
DEPRESSION SYMPTOM SEVERITY

Twenty-three percent (n=51) of MMP respondents met the criteria threshold for depression symptoms at the time of the interview, according to their responses to the Patient Health Questionnaire 8 (PHQ-8). By gender, 21% of males and 26% of females met the criteria for depression symptoms. Rates of depression symptoms were highest for Whites (26%), with Blacks (22%) and Hispanics (12%) reporting lower proportions.

HEALTH CONDITIONS AND PREVENTIVE THERAPY

Ninety-eight percent of patients had a minimum of one CD4 test in the past twelve months; and 79% had a minimum of one viral load test every six months in the past twelve months. For CD4 and VL tests, 70% of respondents had three or more CD4/VL tests in the past year documented in their medical record. Seventy-seven percent of respondents had undetectable viral load for all viral load tests in their medical record for the past twelve months. Eighty percent reported ever receiving a hepatitis vaccine. Ninety-two percent received the seasonal flu vaccine.

Figure 6. Reported laboratory results and received vaccines



REFERENCES

§ Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. MMWR 2013, 62 (1).